



Fairfax County Commission for Women

The **Commission's charge** is to promote the full equality of **women and girls** in the County.



Volume 1, Issue 1

SPRING 2009 Newsletter

Message from the Executive Director

Welcome to the first issue of the Fairfax County Commission for Women newsletter!

As we begin 2009, we are faced with both promise and trepidation as a new president of the U.S. that was elected in a time of financial uncertainty. In moving forward, it is the Commission's goal to ensure issues affecting women and girls are kept at the forefront and that our leaders are made aware of our community's wants, needs and concerns. Whether you are interested in healthy relationships, financial fitness, Title IX issues, or the struggles and joys of caring for both children and aging parents alike, the Commission for Women is here to ensure your voice is heard.

Ina G. Fernández



The Commission's goal is to ensure issues affecting women and girls are kept at the forefront and that our leaders are made aware of our community's wants, needs and concerns.

While the Commission meets on a monthly basis, it also provides educational forums and resources for members of our community. Please feel free to contact the Office for Women & Domestic and Sexual Violence Services for more information, or attend an open business meeting on the second Monday of the month. We look forward to serving you and allowing your voice to be heard.

Ina G. Fernández, Director
*Fairfax County Office for Women &
Domestic and Sexual Violence Services*

News from the Chair



Diane T. Hoyer

It is a great honor to be elected Chair of the Commission for Women. The Commission's charge is to remove barriers to women and girls in the county. With this charge as our beacon, the Commission for Women, along with the staff of the

Office for Women & Domestic and Sexual Violence Services, has many programs and initiatives planned for 2009. I would like to take this opportunity to give you just a sample of what the Commissioners are involved with.

The first initiative is this newsletter—a result of the Public Outreach Committee. Their number one goal is to get the word out to women and girls about what the Commission for Women is doing and to provide information in a quick and easy format. Additionally, this committee has enhanced our web site (www.fairfaxcounty.gov/cfw) to provide content in a more attractive and user friendly format. Both the newsletter and web site are filled with information that we hope is useful to you. Please save this site under your favorites and check back for updates, upcoming events, etc.

The Commissioners on the Health and

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This **quarterly newsletter** of the Fairfax County **Commission for Women (CFW)** is a **great resource** to learn about the CFW. It provides information on issues relating to **women and girls** in **Fairfax County**.

Osteoporosis is estimated to have caused **28,700 bone fractures in Virginia in 2005, at a cost of \$314 million¹**, mostly paid by Medicare and Medicaid. Many of these fractures and their debilitating consequences can be **prevented** by identifying individuals at risk and **intervening swiftly**.

¹ Estimate is extrapolated from South Carolina data, assuming Virginia had 174% of South Carolina fracture incidence and cost in 2002 and 87% in 2005, based on relative prevalence of osteoporosis and osteopenia in 2002 (175%) and 2010 (172%). Data source for South Carolina costs: Borisov, Balda, and King. The cost of osteoporosis in South Carolina: projections for 2000-2025, Procter & Gamble Pharm., 2002.

Empower Yourself – Get the Facts

Article from Procter & Gamble Pharmaceuticals

The Basics of Osteoporosis

Osteoporosis is a medical condition characterized by diminished bone strength and increased risk of fracture. Most people think of their bones as being solid like a rock. Actually, bone is just a living tissue, just like other parts of your body—your heart, brain, or skin for example. Bone just happens to be a harder type of tissue. Bone is always changing. Your body keeps your bones strong and healthy by replacing old bone with new bone. After menopause the body removes more bone than it replaces which in many women may lead to osteoporosis. Osteoporotic bones are weaker and are more likely to break. Postmenopausal osteoporosis can be prevented, and with proper therapy it can be treated.

Who is Affected?

An estimated 8 million women in the U.S. have osteoporosis and 40% of women age 50 or older will experience an osteoporosis-related fracture in their lifetime. Osteoporosis also affects men, but to a lesser extent. For those at risk for or who have osteoporosis, prevention and treatment are the best defenses.

Diagnosis

Because bone loss is gradual and without warning signs, women often do not seek medical treatment until they experience a bone fracture. That’s why osteoporosis is often called a “silent disease.” To prevent the complications caused by osteoporosis, postmenopausal women should undergo a bone density test to determine the condition of their bones. If you are over age 50 and have other risks for osteoporosis such as the ones listed below a bone density test could be your first step to understanding your risk for fracture.



Risk Factors

Answering the following questions may help you determine if you are at risk for osteoporosis-related fractures.

- Are you postmenopausal?
- Have you had a bone fracture after age 50?
- Did your mother suffer a fracture after age 50?
- Do you weigh less than 125 pounds?
- Are you taking oral medicines such as cortisone or prednisone?
- Do you currently smoke?
- Do you need your arms to stand up from a chair?

With this knowledge you can develop a strategy with your doctor that may include a diet rich in calcium, dietary supplements, exercise, and in some cases, prescription medicines.

If you answered yes to any of these questions, you may be at risk for osteoporosis-related fractures. Talk to your doctor about your risk for osteoporosis.

Although it sounds somewhat intimidating, a bone density test is one of the safest, most accurate ways to measure bone density and provide information about your bone health. Since you can’t see or feel bone loss, this test is a way to tell if you have or are at risk for osteoporosis. Knowing your bone mineral density test result (which is called a T-score), your doctor can tell if you have lost bone and if you are at increased risk for fracture.

Understanding your risk for osteoporosis is the first step to preventing fractures. With this knowledge you can develop a strategy with your doctor that may include a diet rich in calcium, dietary supplements, exercise, and in some cases, prescription medicines. Your bones will thank you for taking this small but important first step.

Special Activities

Collecting old cell phones to help victims of domestic violence

by Faviola Donato

Last year the Commission partnered with Verizon Wireless HopeLine to collect old cell phones, batteries and chargers to benefit victims of domestic violence. The cell phone drive was part of the many activities scheduled for Domestic Violence Awareness month. Drop off boxes were placed in various locations throughout Fairfax County including the Office for Women & Domestic and Sexual Abuse Services.

The Commission is proud to announce that a total of 1,476 cell phones, batteries and chargers have been collected! The success of the cell phone drive would not have been possible without the support of individuals, organizations, churches and private companies. The Commission has already planned to continue the cell phone collection and hopes to double the amount for this year.



The proceeds from the donated phone sales are used to provide cell phones, free minutes and cash grants to local shelters and nonprofit groups that focus on domestic violence prevention and awareness.

How does HopeLine work?

Since October of 2001 when Verizon Wireless launched its national recycling program, HopeLine has collected more than 3.5 million phones, nationwide. The program has properly disposed of more than 800,000 pieces of wireless equipment in an environmentally sound way. People are asked to take their old phone—regardless of service provider, make, model or technology—to drop off locations. The proceeds from the donated phone sales are used to provide cell phones, free minutes and cash grants to local shelters and nonprofit groups that focus on domestic violence prevention and awareness. The Commission has selected Artemis House to be the recipient of the proceeds.

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News from the Chair

Safety Committee recently invited health professionals and coordinators to a Healthy Bones presentation. An opportunity to learn new information about osteoporosis, how it can be prevented and safe exercises were shared by all who attended. Please read the informative article on osteoporosis. Our living healthy calendar for 2009 will be available soon in English, Spanish, Vietnamese, Korean, Chinese and Arabic. Look for this beautiful 11"x17" calendar at your local library.*

The Emerging Issues Committee recently initiated a cell phone drive. The Commission partnered with HopeLine in collecting used cell phones, batteries and chargers. HopeLine is a program exclusive to Verizon Wireless that puts wireless services and equipment to work to assist victims of domestic violence.

The Policy Committee has been busy preparing by-laws for the CFW. They will be presented to the Board of Supervisors for approval in February.

The Domestic Violence Committee is working on recommendations that have resulted from a 2008 Domestic Violence Prevention Forum that was conducted last March. Look for information to be forthcoming.

Also, please feel free to contact the Commission by calling the Fairfax County Office for Women & Domestic and Sexual Violence Services at 703-324-5730; TTY 703-324-5706 if you have any questions or concerns.

We hope to hear from you and see you at one of our events!

Diane T. Hoyer, Chair
Fairfax County Commission for Women

**Because of budget cuts, a limited number of printed copies will be available. To compensate for this anticipated shortage the committee has put a copy of the calendar on-line too!*

Fairfax County Commission for Women

Appointed by the Board of Supervisors

Commission members are volunteers from each Magisterial District.

Braddock District	Terry Wanbaugh
Dranesville District	Diane Hoyer, Chair
Hunter Mill District	Vacant
Lee District	Emily McCoy
Mason District	Ligia Espinosa
Mt. Vernon District	Diana F. Shermeyer
Providence District	Keeshea Turner Roberts
Springfield District	Jeanie F. Jew
Sully District	Kathy Goggin
At-Large	Alotta Taylor
Minority, At-Large	Sook Kim
Student Representative	Faviola Donato-Galindo
Executive Director	Ina Fernández
Manager, Partnership Development	Glynda Mayo Hall
Administrative Assistant	Everetta Lewis

The Commission for Women holds its meeting the second Monday of every month, excluding holidays, at 7:15 p.m. in the Government Center Executive Conference Room 232, and is open to the public.

Please contact us for more information

12000 Government Center Parkway, Suite 318
Fairfax, Virginia 22035

Call 703-324-5730 | TTY 703-324-5706
Fax 703-324-3959

www.fairfaxcounty.gov/ofw/cfw



ADA Statement

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services, and activities. Reasonable accommodations will be provided upon request.

To request this information in an alternate format, call 703-324-5730; TTY 703-324-5706.

The Fairfax Commission for Women hosted the
2009 Women's Voices Forum

Wednesday, March 4, 2009. The Forum was a Town Hall meeting and an intergenerational conversation between the women and girls of Fairfax County and an illustrious panel:

The Honorable Catherine Hudgins
Fairfax County Board of Supervisors-Hunter Mill

Ms. Laverne Jackson Chatman
President & CEO Northern Virginia Urban League

The Honorable Penny Gross
Vice Chair, Fairfax County Board of Supervisors

Dr. Irene Natividad
President Global Summit of Women & Corporate Women Directors International

The Honorable Margaret Vanderhye
Virginia Delegate -34th District

In the News

Mount Vernon Town Hall Meeting

by Diana Shermeyer

On Saturday, January 31, 2009, Supervisor Gerry Hyland hosted the 22nd annual Mount Vernon Town Hall Meeting. Mount Vernon Commissioner Diana Shermeyer and Student Representative Faviola Donato attended on behalf of the Fairfax County Commission for Women and staffed a booth.



Residents of the Mount Vernon District came by the booth to meet Commissioner Shermeyer and Ms. Faviola and to learn what the CFW is doing. Supervisors Sharon Bulova and Pat Herrity debated their candidacies for the Chairman of the Board position for which a special election was being held on Tuesday, February 3rd, 2009. The town hall meeting was held from 7:45 a.m. -1:00 p.m. at the Mount Vernon High School. Donated refreshments were served and Supervisor Gerry Hyland conducted his "virtual bus tour" to inform residents of happenings in the district.

Monthly Information for Your Health

April
Financial Fitness: Live within your means.

- Pay bills on time.
- Use credit wisely; manage debts.
- Teach kids money management.
- Women's Business Center: 703-788-9922*.
- Obtain a free credit report. www.annualcreditreport.com.

May
Aging Well: Explore resources.

- Develop an interest outside work.
- Get together with friends; make new ones.
- Healthy Bones: www.nacw.org/womens_health.
- Sign-up for Senior Olympics – it's fun!
- Fairfax Area Agency on Aging: 703-324-7948*.
- www.seniornavigator.org.

June
Mental Health: Lower stress, improve your health.

- Plan and do physical activities daily.
- Mental health resources: 703-481-4230*.
- Caregiver: Take care of your needs, too.
- Keep a daily journal.
- Make a play date for your kids.

* All Virginia phone numbers on this calendar can also be reached by dialing 711 (Virginia Relay).